



November 2020



## Message from Ellen

Your ears must have been ringing the past month as I have sung the praises of our Forest Ridge residents to everyone I talk to! Your resilience and commitment to making the best of things are admirable. Despite requirements we must follow, you all are enjoying time together in morning stretch, craft class, bingo, outdoors, watching movies, cheering on the Packers, playing cards, testing your bowling skills, and enjoying great lunches together! Thank you for continuing to be diligent in keeping Forest Ridge safe for residents, visitors, and our team.

If the calendar doesn't have something of interest to you, please drop a suggestion in one of two suggestion boxes – one is located at the front desk on the counter, and the second is by the Legacy mail room on the wall. We love new ideas! If you are interested in leading an activity yourself, please talk with Shay; several residents are doing this, and it adds something special when your neighbors coordinate things for each other to enjoy.

This month's calendar is printed double-sided; feedback from many residents indicated the print on recent calendars is too small to read; other residents want the entire calendar printed on only one-side. We will have single-sided, smaller print calendars

available at the front desk in limited quantities for those who prefer this style.

Wednesday, November 11<sup>th</sup> is Veteran's Day, a day in which we honor all those who have served our country in war and peace, dead or alive. Please watch for a flyer announcing special plans for this day to honor our veteran residents.

Wanda Prusak and Janet Siettmann continue to keep our dining room looking welcoming each month – look at the beautiful fall décor they created for us!



Special thanks to the following residents for their referrals of our new neighbors: Karen Markowski, Annette Dahlke, Ruth Kucher, Mary Ann Folaron, Rose Parazinski, Nancy Gleason, James (and the late Lucille) Stanislawski, and Pat Berger. Love living at Forest Ridge? Tell your friends and earn a \$500 rent credit for your confirmed referral!

On behalf of the Forest Ridge team, we wish you a blessed Thanksgiving, we are thankful for you all!

### Taking Care of Yourself

We have entered the seasonal flu time period, and now more than ever it is important for you to monitor your wellness and do what you can to ensure your immune system is in fighting form! Please also be mindful of your neighbors and our staff; **if you are experiencing flu, cold or any symptoms of illness, avoid others and remain in your apartment as much as practical. Do not participate in any activities if you are not feeling well** (originally in the October newsletter but of such importance it bares repeating!)

### Craft Time

The monthly craft class is more than making crafts – it is a time to spend with your neighbors joining in laughter and light-hearted discussion. No special skills are necessary, and Shay provides all the materials and directions.

In October a fall-themed craft was created-



### Resident-Lead Activities

The following activities are coordinated and/or lead by your fellow residents; please contact them if you have questions:

- ❖ Wii Team Bowling/Table-Top Discussion: Jerry & Delores Kallenberger, 414-235-8522 (*please leave a message on voicemail*)
- ❖ Catholic Worship: Dolores Gill. 262-957-5362, apt. #207S (Founders)
- ❖ Protestant Worship: Carrol Flaum, 414-940-1519
- ❖ Forest Ridge Choir (new!): Robert Kotlowski, 414-367-2972, or [kotbob@yahoo.com](mailto:kotbob@yahoo.com)
- ❖ Writer's Club: Donna Gorrell, 414-377-9484, W221 (Epoch)
- ❖ Cribbage: Maxine Eddy, 414-425-4093
- ❖ Sheepshead/Poker: Harry Ruminski, 414-427-3051

*We are repeating this from last month to be certain everyone has the information.*

### Forest Ridge Video

In October we had a crew here filming to create a video about Forest Ridge. When the video is complete and you can view it on the Wimmer Communities webpage, [www.wimmercommunities.com](http://www.wimmercommunities.com). Please click on the Senior Living option at the top of the page to get to Forest Ridge's information. Thanks to all the residents who participated, to Lisa Walters for coordinating, and look for more videos in 2021!

## More of Your Favorite Activities!

Many of the most popular activities fill-up quickly, therefore we offer them twice. Well, it seems twice may not be enough, so check out activities that are offered *three* times to ensure those who want to participate have several opportunities to do so!

New in November – additional stretching/exercise classes. Shay is adding classes to the daily schedule to allow for more residents to join in – you know what they say, use it or lose it! Take advantage of the opportunity to keep your body moving. Regular exercise is not only a physical benefit, but also enhances our emotional wellbeing. All abilities are welcome!

## Reminders

Many activities require sign-up in advance. Please be sure to sign-up for those activities you would like to join so you don't miss out!

Please remember to empty the dryer vents in the Founders laundry rooms; your neighbors thank you!

## Writer's Club

Stories written by Forest Ridge residents are printed each month in connection with publication of the newsletter. Under the title Writers Club, they are available to the right of the announcement board at the entrance to the dining room. Help yourself to a copy. If you are inclined to express comments or write your own experiences or ideas, do so and deliver them to Donna Gorrell, W221, or to [dgorrell@stcloudstate.edu](mailto:dgorrell@stcloudstate.edu)

## Welcome Home!

Please join us in welcoming our new residents!

- Mary Jablonski, Epoch W319
- Barbara Boisvert Epoch W213
- Erma Politoski Epoch W219
- Alice Bublitz Founders 107E
- Neil Thomas Founders 309N
- Carol Yahn Millennium 142

We hope you find your new life at Forest Ridge filled with new friends, fun, and contentment. Welcome Home!



**Nick O'Bradovich**, husband of Nancy (Legacy 122), passed away October 4. Our condolences go out to Nancy and their family. Nick will be missed by many friends at Forest Ridge.

## Elevator Usage

Please do not use a cane or other object to push the elevator buttons; recently two elevators have been out of service due to repair needs from the use of a cane to push the button. Thank you!

**Service Anniversaries – Forest Ridge Team**

Happy Anniversary! We celebrate Forest Ridge team members for work anniversaries in October:



**Phil Gural has provided bus driving service to Forest Ridge for the past 19 years!** These days Phil primarily drives the bus on Saturdays for our catering needs, but is always willing to fill-in during the week as needed. Phil is very involved in the community; he and his wife Jan are members of St. Mary Parish Faith Community and Phil was part of the team who coordinated virtual worship during the time when in-person congregating was on-hold. Phil is also involved in the HAM radio world. Phil is dedicated to Forest Ridge and always assures us he is here to help in any way he can. Thank you, Phil, for your commitment to our community and our residents!

**Corny Joke to Share:** *Today a man knocked on my door asking for a small donation for the local community pool. I gave him a glass of water.*

**Delfina Keno** embodies the meaning of the word “team”; over the past four years Delfina has filled the role of 3<sup>rd</sup> shift receptionist, is currently a Resident Care Assistant, and continues to work at the front desk when needed for open shifts. Delfina *always* has a smile for residents, staff and visitors, and goes out of her way to make sure needs are met. Her positive attitude and outlook are so appreciated! Delfina has two sons who clearly are the light of her life, and she theirs. Thank you, Delfina, for 4 great years so far!



**Thank You Mary!**

**Conrad Modlinski’s** (307N) daughter Mary gifted Forest Ridge with nearly 100 Halloween-themed face masks! The time and skill that went into this gift is amazing, and so are you Mary for sharing! Thank you for your kindness and generosity.

A one-year celebrant in October is **Michele Mick**, Resident Services Coordinator. Michele is responsible for everything resident-related, from processing rent, meal and other payments, to setting up Rent Café, to answering questions about services, Michele is your go-to person! Michele lives in Wauwatosa and enjoys walking her neighborhood, visiting the local coffee shop, every opportunity to spend by water! and getting together with friends to relax and enjoy life outside of work. Thanks Michele!



### And in other Happy News.....

Please congratulate **Linda Enk** on her recent engagement! Linda will join Peter in marriage sometime in 2021. Some of you may have seen these two together – there is no denying this is a perfect love-match and we couldn't be happier for Linda!

**Tim Spellman** joined the Forest Ridge team as a maintenance technician. Tim has extensive experience in all facets of repair work, particularly plumbing. When not taking care of building and apartments, Tim

enjoys time with his wife and three kids, and hunting. Great to have you at Forest Ridge Tim!

***Have good news to share?*** Maybe you became a great grandma, or grandpa, for the first, second, or 12<sup>th</sup> time? Or you received an all-clear medical diagnosis after battling something. Maybe you were able to spend time with loved ones you haven't seen for a while or are celebrating a wedding anniversary. Let's share some good news with each other! If you have something positive to share with your neighbors, please drop a note in one of the suggestion boxes for inclusion in an upcoming newsletter. We may edit submissions slightly for space considerations.

### ***What Do YOU Want to See in the Monthly Newsletter?***

Are there topics you would enjoy reading about in our monthly newsletter? Please drop a note in a suggestion box if there is something we should consider including. If you enjoy writing and/or are interested in people, we would like to include a "getting to know you" section each month to introduce several residents. If you are interested in interviewing your neighbors and writing an article, please contact Ellen. We will provide residents to interview as well as editing of your submission, so don't hold back if you aren't sure about the writing part.

***November 1<sup>st</sup>: REMEMBER TO TURN YOUR CLOCKS BACK ONE HOUR!***

What will you do with your extra hour 😊

## Giving Opportunities



Wimmer Communities is once again partnering with the Hunger Task Force, bringing important nutrition to those in need. Forest Ridge residents and staff have a history of outstanding generosity in supporting this initiative and we hope special plans we have put in place to allow you to safely and easily give is met with a huge response!

This year's drive is *virtual*, meaning you do not need to shop for food items to donate. There are several ways in which you can provide support:

- ✓ Visit the website at [www.hungertaskforce.org/wimmer](http://www.hungertaskforce.org/wimmer)
- ✓ Write a check for any amount you wish, payable to Hunger Task Force, and drop off at the front desk or call us to pick-up from your apartment
- ✓ Purchase Pick n Save gift cards in any amount and drop off at the front desk, or call us to pick-up from your apartment
- ✓ Post a message to a friend or loved one for all to see!

We will be “selling” messages to be posted on our display screens. Your \$5.00 check, payable to Hunger Task Force, will buy you

a one-line greeting or statement which will be posted on our display screens located on the first floor by all the elevators. Perhaps you want to let the world know what a great friend someone is or say a special “I love you” to your husband, wife, friend or pet! Forms to fill out are located at the sign-up shelf by the dining room; please call the front desk if you prefer a form be dropped off at your apartment. We hope this is a fun way to recognize special people in your life while benefiting special people in need in the community.

***Operation Christmas Child returns!*** This special giving opportunity provides a shoebox filled with items for age-specific boys and girls and is sent to impoverished areas throughout the world. Pre-filled boxes will be available for your \$15 donation; watch for the display at the front desk coming soon. Last year, Wimmer Communities residents and staff donated **502** boxes, which were delivered to South Africa to a number of hard to reach areas. If the exact locations were revealed, the missionaries and humanitarians working in these areas would be in danger. We do not know where this year's boxes will go, but they will make a significant difference in the lives of children.

The boxes are filled with a mix of personal care items, school supplies, and a toy. We learned of one village which had 1 toothbrush to share among 23 children, so our boxes always include this important item. They truly make a difference.

